

THE EXTRA POINT

BY JERRY ROBERTS



855 What Price Are You Willing to Pay?

So far this week, we've heard the story of being ready when opportunity knocked, as well as consistently getting better to meet new challenges. Today, we raise the stakes and go for commitment, even though it takes us way out of our comfort zone. I'm Jerry Roberts and that's next, on The Extra Point.

Monday, we learned about Tommy Mapother, who later took the stage name Tom Cruise, who moved on from the disappointment of a sports injury and became the most popular actor on the planet. He prepared himself for when opportunity came his way, then capitalized on it.

Yesterday, we had the story of 67-year-old Ralph, who was in a tree-chopping contest with 20 college athletes. Ralph knew he didn't have the physical strength to beat those young men and cut down the most trees, so he used his intelligence and experience to craft a winning strategy.

He sharpened his saw every hour and that led to him being more effective, and chopping down the most trees to win the contest.

Being ready. Regularly sharpening our saw. Those things don't just happen. We have to make a decision, a commitment, and follow up on that commitment — with action — for the right things to happen. That last part, the action, is where so many people get stuck. They would like to be better and be ready, and they even decide to commit to that. However, that's where it ends. They don't take the action.

For some, the sacrifice is more than they are willing to make. For some, the physical and mental cost is too big a price to pay. They negotiate with themselves, agreeing that where they are now is good enough. They settle for that.

Swimmer Mark Spitz, who in 1972 won seven

Olympic gold medals, went to Indiana University. His coach was a man named Doc Counsilman, arguably the greatest swim coach in America's history.

The first day of practice every fall, Counsilman would get all the members on the swim team to go out on the swim deck. There, they saw a small banner that hung over the pool. The banner only had three words on it. Hurt. Pain. Agony.

Counsilman said, "Okay guys, we're going to spend a lot of time together this year, and if you want to be a part of this swim team, every afternoon, you have to come here for a couple of hours and swim until you hurt."

Then he added: "But if you have higher goals and you want to be an NCAA champion, you want to be a national champ; you have to come here every afternoon and swim until you're in pain."

There was more: "But if you have higher goals and you want to be the next Mark Spitz, or you want to be a world or Olympic champion, you have to come here and train until you're in agony." He said: "So it's your choice. Hurt, pain, agony."

Finally, he capped it off with this: "I wouldn't have recruited any of you unless I knew every one of you had world-class potential inside of you. And here's the exciting thing. Whether you choose the hurt or the pain or the agony, by the time you shower and go home to dinner, everything's going to go back to normal.

So it's how much you are willing to give in your 2-1/2 hour swim practice every day that's going to determine your destiny. What's it going to be? Hurt...pain...or agony?"

(Con't.)

THE POINT
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For most of us, this is not about physical pain. It's about the pain of sacrifice. It's about giving up time in recreation. Giving up hanging out with friends. Giving up the weekly golf game. Giving up Netflix or whatever else is on TV. Giving up something that we'd rather be doing, to obtain something that will propel us forward.

Financial guru Dave Ramsey says it this way, and I'm paraphrasing here: "Right now, we need to do the things others won't do, in order to someday be something others won't be, and live how others won't live."

Teach this in the schools, teach this to young workers, teach this to every kid in your family. Decide what you want. Figure out the price tag for having it. Start paying it now.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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